49b Side-lying and Pregnancy Massage: Guided Full Body

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Class Outline

15 minutes	Break
5 minutes	Attendance, Breath of Arrival, and Reminders
75 minutes	1st trade technique demo and practice
20 minutes	Break and switch tables
75 minutes	2nd trade technique demo and practice
20 minutes	Break down, clean up, and discussion

3 hours and 30 minutes total

49b Side-lying and Pregnancy Massage: Guided Full Body

Class Reminders

ABMP Exam Coach

- "Access your ABMP account" using instructions on page A-74
- Familiarize yourself with the ABMP Exam Coach "Study Subjects" section
- Preview the preparation assignments for MBLEx Prep classes (74a, 75a, 80a, 81a, 84a, 86a, 87a)

Assignments:

- 50b Business: Marketing. B-55 for ABMP.com 'Website Builder' instructions
- 53a Internship Review Questions - due before class starts
- 55a Review Questions – due before class starts

Quizzes and Exams:

- 52a Kinesiology Quiz (brachialis, brachioradialis, flexor digitorum superficialis, and extensor digitorum)

Preparation for upcoming classes:

- 50a A&P: Nervous System - Autonomic Nervous System and Sensory Receptors
  - Trail Guide: extensors of the wrist and fingers (extensor digitorum).
  - Packet E: 109-112.
  - RQ - Packet Packet A-187.
- 50b Business: Marketing
  - 50b Strategies and Tactics Assignment, done in class.
  - Packet B: 53-60
  - RQ - Packet Packet A-188.

Classroom Rules

Punctuality - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.

Resting stroke

Brief and gentle rocking

Leg

- Draping
- Foot
- Effleurage
- Full
- Knead
- IT tract forearm effleurage
- Gluteals
  - Loose fist compressions
  - Thumb cross-fiber friction
  - Gluteal attachments
- Effleurage
- Nerve strokes
- Draping

The Back

- Draping
- Effleurage
- Knead erectors, lats, and traps
- Lamina groove
- Cover the torso, leaving the upper arm out

Chest and Arms

- Pectoralis major effleurage
- Effleurage
- Kneading and stripping
- Hands and fingers
- Wringing
- Effleurage
- Nerve strokes
- Draping

Reposition client to opposite side. Repeat on other side.

48b Side-lying and Pregnancy Massage: Technique Review and Practice